

Hayes Child Development Center

Family/Child Sick Policy

Illness/Symptoms

To stop the spread of germs, families are responsible for keeping their children home when they are ill. If your child exhibits any of the following symptoms that cannot be attributed to other health conditions, please stay home or seek medical care:

- Any symptoms of illness that prevent your child from participating in normal daily activities. A child who appears ill, which may include lethargy, persistent crying, difficulty breaking, lack of appetite, or a significant behavior in behavior or activity level, is indicative of illness.
- Fever of 100.4 or higher
- Medication used to lower temperature.
- 2 loose bowel movement (diarrhea)
- Vomiting 2 times
- Coughing
- Consistent green or yellow discharge from nose
- Open wounds or sores discharging bodily fluids that cannot be adequately covered.
- Lice, ringworm, or scabies
- A rash not associated with heat, diapering, or an allergic reaction.
- COVID-19 like symptoms

Your child may return to care after being symptom free for 3 days/72 hours.

Other reasons you and your child should stay home include:

- A positive COVID-19 diagnosis
- Living in the same household with someone with COVID-19 or symptoms.
- Being within 6 feet of a person with COVID-19 or symptoms.

Your child may return to care after following health department quarantine guidelines.

The Flu and Covid-19

- Both COVID-19 and the flu are serious respiratory illnesses.
- COVID-19 and the flu share many symptoms.
- Only medical tests can confirm a person has COVID-19 or the flu.
- A positive test for one virus does not rule out the other. Infection with both viruses is possible.
- The CDC recommends people with COVID-19 or flu-like symptoms get tested for both viruses

Masks

Children age 3 and up are required to wear a facemask while in care, except when eating, drinking, or sleeping.

- Hayes will provide child sized masks.
- Talk to your child at home about the importance of wearing a mask. Masks help keep people healthy.
- Teachers will use age appropriate, positive guidance to support children's learning and understanding.



KEEP ME HOME IF...

I have a fever



A temperature of 100.4°F or higher, a cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, runny or stuffy nose, sore throat, new loss of taste or smell, or other signs of new illness unrelated to a preexisting condition (such as seasonal allergies)*

I have diarrhea



- 2 loose/watery stools more than normal for child in 24 hours; OR
- Any blood or mucus in stool

I'm just not feeling very good



Unusually tired, low activity level, pale, lack of appetite, cranky, or crying more than normal

I'm vomiting



2 or more times in 24 hours

I have a rash, sores, lice, ringworm, or scabies



- Body rash (not related to allergic reaction, diapering, or heat)
- Oozing open sores or wounds
- Mouth sores with drooling
- Untreated head lice, ringworm or scabies

*Fever threshold has been lowered and new symptoms have been added to align with CDC recommendations during the COVID-19 pandemic.

Questions about when your child is well enough to return to child care? Refer to: Washington Administrative Code (WAC) for Child Care and Early Learning Programs 110-300-0205 for the complete illness exclusion requirements OR CDC guidance for

What to Do If You Are Sick with COVID-19 at

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/>

